



GALLUP MARCH 2020

Monday 2, 2020 Chicken Nuggets Mashed Potatoes w/ Low Sodium Gravy Cut Corn WW Roll w/Margarine Jell-O	Tuesday 3, 2020 Beef Chow Mein Chow Mein Noodle Cabbage Slaw Oriental Vegetables WW Roll w/Margarine Strawberry N Banana Fortune Cookie	Wednesday 4, 2020 Chicken Breast w/Swiss Cheese Spaghetti w/Marinara Sauce Broccoli Tossed Salad w/ Low Fat Dressing Bread Stick w/Margarine Peach	Thursday 5, 2020 French Toast Scramble Eggs Bacon Potato w/Onion Orange	Friday 6, 2020 Crab Salad Sandwich (Crab Salad on a Bun) Coleslaw Beets Apple
Monday 9, 2020 County Fried Steak Mashed Potato w/ Low Sodium Gravy Green Peas WW Roll w/Margarine Fruit Cocktail in Yogurt	Tuesday 10, 2020 Green Chili Rellenos Lettuce & Tomatoes Pinto Beans Grapes	Wednesday 11, 2020 Sloppy Joe Macaroni Salad w/Veggies Zucchini Banana	Thursday 12, 2020 Bratwurst w/Bun Tatar Tots Lima Beans Pineapple	Friday 13, 2020 Shrimp Fajitas Hominy Cucumber Salad Plums
Monday 16, 2020 Pasta Salad w/Dice Chicken Sliced Cucumbers Carrot Sticks WW Roll w/Margarine Pudding	Tuesday 17, 2020 Corned Beef Cabbage & Potato Corn Cob WW Roll w/Margarine Cheese Cake	Wednesday 18, 2020 Pork Green Chili Stew Cucumber N Onion Salad Flour Tortilla Strawberries in Jell-O	Thursday 19, 2020 Waffle w/Peaches 3 med. Boiled Eggs Sausage Potato w/Peppers Orange	Friday 20, 2020 Baked Fish Rice Pilaf Tossed Salad w/ Low Fat Dressing Green Beans Pears
Monday 23, 2020 Chicken Quesadillas Tossed Salad w/ Low Fat Dressing Green Beans Spanish Rice Pineapple	Tuesday 24, 2020 BBQ Pork Sandwich Cole Slaw Baked Beans Corn Pudding	Wednesday 25, 2020 Chili Beans w/ Beef Cornbread w/ 1 tsp. Margarine Beets Chuck Wagon Blend Tropical Fruit	Thursday 26, 2020 Grilled Cheese Vegetable Soup Sliced Carrots Fruit Cocktail	Friday 27, 2020 Clam Chowder 6 Crackers Tossed Salad w/ Low Fat Dressing Country Blend Jell-O
Monday 30, 2020 Open Face Turkey Sandwich Mashed Potato w/ Low Sodium Gravy Tossed Salad w/ Low Fat Dressing Mixed Veggies Pears	Tuesday 31, 2020 Salisbury Steak Rice Pilaf Yellow Squash & Onions WW Roll w/Margarine Cake Apple			Lunch Is Served 11 To 12:50 8 oz-2% Milk Served With All Meals Occasionally We Must Substitute Food Items We Are Sorry For The Inconvenience

North Central New Mexico Economic Development District

Council of Governments

Non-Metro Area Agency on Aging

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